

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A504 – RAISINS, REGULAR MOISTURE, SEEDLESS, SINGLE SERVE, 1.33 OZ UNITS

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruit
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Raisins, seedless.
PACK/YIELD	<ul style="list-style-type: none"> 144/1.33 oz units per case. One 1.33 oz unit AP yields ¼ cup raisins. CN Crediting: One 1.33 oz unit raisins provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Refrigerate raisins and store off the floor in a cool, dry location. Raisins freeze well and thaw quickly. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Ready to eat.
USES AND TIPS	<ul style="list-style-type: none"> Raisins are ready to eat and can be used as a mealtime fruit serving or as a nutritious snack.



Raisins, seedless

1.33 oz package
(38 g)

Calories	113
Protein	1.16 g
Carbohydrate	29.98 g
Dietary Fiber	1.40 g
Sugars	22.41 g
Total Fat	0.17 g
Saturated Fat	0.04 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.71 mg
Calcium	19 mg
Sodium	4 mg
Magnesium	12 mg
Potassium	284 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0.87 mg
Vitamin E	0 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A504 – RAISINS, REGULAR MOISTURE, SEEDLESS, SINGLE SERVE, 1.33 OZ UNITS

FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.